

November Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung Street, Frederick, MD 21704 (Lower Level of the Urbana Regional Library)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.</p>			
<p>Line Dancing New session starts Thursday, Nov. 3 1:30 p.m. Register today! (5 classes \$15)</p>	<p>1 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class Center closes at 4:30 p.m. 5:00 *Supper Club: Miyako Japanese Steak House</p>	<p>2 10:45 Daily Exercise Noon *Lunch and Learn: Vein Disease 12:30 *English Class 12:30 *Yoga Class</p>	<p>3 9:30 Color This 10:45 Daily Exercise 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing: New session starts today</p>
<p>7 Health Education 101 "Dining Out with Diabetes" 10:00 Stitching Post 10:45 Daily Exercise 1:00 Rummikub 1:15 Book Club</p>	<p>8 Health Education 101 "Dining Out with Diabetes" Blood Pressure Screenings with Towson Nursing Students 10:45 Exercise to Video Noon *Lunch: Subs and Sides 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Paint Party Center closes at 5:00 p.m.</p>	<p>9 Health Education 101 "Dining Out with Diabetes" 10:45 Daily Exercise 11:30 MAP: Taking the Chill Off 12:30 *English Class 12:30 *Yoga Class 1:00 Cards and Games</p>	<p>10 Health Education 101 "Dining Out with Diabetes" 9:30 Color This 10:45 Daily Exercise Noon *Lunch with Nurse Steve: Diabetes Talk 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing</p>
<p>14 Nutrition Minute "Sweet Potatoes 101" 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub</p>	<p>15 Nutrition Minute "Sweet Potatoes 101" 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:30 *Fried Chicken Dinner 6:00 *The Inside Scoop: Dangers Lurking in Your Medicine Closet</p>	<p>16 Nutrition Minute "Sweet Potatoes 101" 10:45 Daily Exercise 12:30 *English Class 12:30 *Yoga Class 1:00 *Artful Creations: Thanksgiving Cookies</p>	<p>17 Nutrition Minute "Sweet Potatoes 101" 9:30 Color This 10:30 Teens Teach Tech 10:45 Daily Exercise 1:00 Cards and Games 1:00 Wii Games 1:30 *Line Dancing</p>
<p>21 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub Center closes at 2:00 p.m.</p>	<p>22 10:00 *English Conversation 10:45 Daily Exercise Noon *Thanksgiving Luncheon 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:30 *Dinner/Games</p>	<p>23 10:45 Daily Exercise 12:30 *English Class 1:00 *Thanksgiving Bingo</p>	<p>24 Center is Closed</p> <p></p>
<p>28 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub</p>	<p>29 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:30 *Dinner/Games</p>	<p>30 10:45 Daily Exercise 12:30 *English Class 12:30 *Yoga Class 1:00 Cards and Games</p>	<p>Day Trips Nov. 4 Beall Dawson House Nov. 18 Dollies Tea Room Dec. 9 Homestead Gardens Dec. 15 Totem Pole: Christmas Carol</p>

(see other side for program highlights)